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CALL FOR ACTION

A pair of protesters balance children on their hip as they march in front of Health Minister Stephen Mandel's campaign office Wednesday, to rally against stalls in contract negotiations between the province and front-line health-care workers. Story, page 10. LEAH HOLOIDAY/METRO

Decision on existing bike lanes delayed

Should they stay or should they go? Council wants more details on controversial lanes



STEPHANIE DUBOIS
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Edmontonians will have to wait for answers on the future of 106 Street, 40 Avenue and 95 Avenue bike lanes after a city council committee asked administration for more information and further consultation.

How people are affected by the bike lanes in those areas, bike lane performance targets and the cost of moving the 95 Avenue bike lane to a nearby service road are all up for review after three motions

passed in the transportation committee meeting Wednesday. The reports are all back in front of members of council for discussion in spring 2015.

The decision came after the committee heard from both sides of the debate: Should these bike lanes stay or go?

For some, the bike lanes on 40 Avenue aren't being used enough to warrant their spot on what they say is a busy road.

"Spotting a cyclist on 40 Avenue is like spotting a rare animal," said speaker Patrik Foff. "I definitely like bike lanes but they have to be positioned properly. I really think we have to position our dollars accordingly."

For others, the report on the three specific bike lanes brought forward to the committee from administration Wednesday showed enough

data on bike path usage for them to stay.

"I understand the lanes are controversial but the facts put forward in the report don't support that view," said David Shepherd, adding that build bike paths and cyclists will come. "Change doesn't happen instantly."

Traffic concerns and needed improvements were also brought forward from both administration and the public, an issue some members of committee said might be part of a broader problem.

"Bikes have the right to be there, lane or not. Ultimately the problem is we have to find a safe way for all to be there," said Coun. Ben Henderson.

City officials will set up meetings in the affected communities, but no date has been scheduled at this time.

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Finance

Province monitoring falling oil prices

The Alberta government is keeping an eye on tumbling international oil prices, but it doesn't believe there is cause for alarm just yet.

The price of West Texas Intermediate fell to \$80.71 on Wednesday, far from the average price the government set in the budget of \$95.22. The numbers are a yearly average, but every dollar dip below that average costs the provincial treasury \$215 million.

"Falling oil prices certainly do impact Alberta and we're going to continue to look and monitor them," said Gerald Kastendieck, a spokesperson for the finance department.

He said the one thing working in the province's favour is the decline in the Canadian dollar.

The province's assumption was the dollar would trade at a yearly average of \$0.91, but it was trading at \$0.89 on Wednesday. Every penny the dollar drops actually adds to the province's bottom line, to the tune of \$241 million.

Kastendieck said the province uses the best information it has available to make its assumptions in the budget.

"We recognize that oil and resource revenues are volatile. We base it on the best information of the economists and the energy industry," he said.

Kastendieck said it was too early to say if any changes would have to be made to this year's budget.

"There are a lot of factors that affect oil prices.... We just make corrections throughout the year."

RYAN TUMILTY/METRO



More than 30 kilos of hashish were seized earlier this month following a west-end drug bust. LEAH HOLOIDAY/METRO

Local police score record hashish bust

Crime. Authorities seeing increase in hash thanks to e-cigarettes, says inspector



LEAH HOLOIDAY
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Edmonton police have set yet another record for the province after a recent drug bust seized 30 kilos of hashish — a marijuana product used widely in e-cigarettes.

This is the second substantial hash bust made by the Alberta Law Enforcement Response Team (ALERT) in re-

Background

- In the last five months, ALERT has set four new records for drug busts, including seizing \$5.6 million worth of heroin and \$9.3 million worth of steroids in September.
- Since 2006, ALERT has seized upwards of \$550 million worth of drugs across the province.

cent months, following a bust in September where officers seized baked goods laced with hash and marijuana.

ALERT Insp. Darcy Strang said police have seen a resurgence of hashish in recent years, largely because of its use in e-cigarettes.

"Years and years ago, hash was very popular in Edmonton and it waned in popularity into the years to come. It's starting to have a little bit of a comeback now," he said.

"It's a very potent version of marijuana and used to smoke in e-cigarettes or joints."

The investigation for the recent bust kicked off in May after a tip from Crime Stoppers.

Police seized about \$600,000 worth of hashish.

Craig Bendt Matthiessen, 49, was arrested Oct. 1 at a

west Edmonton storage locker and is charged with trafficking, possession of a controlled substance and possession of proceeds of crime.

At the locker, police discovered the hashish, packaged and pressed in 30 one-kilogram bricks and stamped with a gold Rolls-Royce sign.

ALERT also seized six pounds of marijuana and \$5,000 in cash, along with packaging material used to sell the drugs.

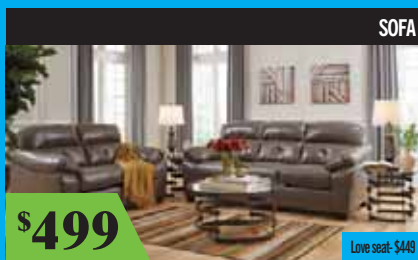
Strang said hashish is produced by compressing marijuana and is typically sourced from the Middle East and North Africa, but officers were unsure of where this particular hash was from.

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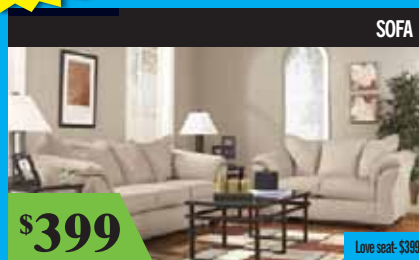
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Province ready for potential Ebola cases: Alberta Health



Dr. James Talbot, the province's chief medical officer of health, admitted that the province would face a challenge from Ebola cases and the flu but that he believes Alberta is up to it. RYAN TUMILTY/METRO

Health. Association representing paramedics says members 'found a lack in the protocols'



RYAN TUMILTY
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While Alberta Health believes it's unlikely the province will have to deal with Ebola cases, provincial officials insist they're ready.

The province's laboratory can now test for the deadly virus and the province has designated the University of Alberta Hospital and the Stollery in Edmonton, as well as Calgary's South Health Campus and the Alberta Children's Hospital as treatment centres.

Chief Medical Officer of Health Dr. James Talbot said the province has to take the

Suspected cases

5

There have been a total of five suspected cases in the province so far. All of those cases have turned out to be negative for Ebola.

virus seriously, even if the risk is low.

"We can't rule it out and that's the reason we're taking the kind of precautions that we're taking," he said.

Two potential cases have popped up in Edmonton in the last few weeks, with one requiring a closure of the Royal Alexandra Hospital emergency room.

Talbot said he believes the province can deal with it, but one of the challenges will be managing the rest of the system and potential Ebola cases at the same time.

"We showed last year during the pandemic with H5N1 virus that the Alberta system

is pretty robust," he said.

Talbot said the coming flu season is going to be a challenge, because more people may present with symptoms that could be Ebola.

"It certainly will make the job harder, because there will be people presenting with fever and there will be more people who have travelled with fever," he said.

HSAA president Elisabeth Ballermann, who represents paramedics, said her members are concerned about a lack of training.

"We've had a couple of incidents where patients who were possibly infected were transported and our members have found a lack in the protocols out there," she said.

Talbot said the province is working hard to make sure front-line staff have the training and equipment they need and have offered counseling support.

LitFest expected to be big with local fans

This year's LitFest is preaching the local word more than ever, according to organizers, as the festival kicks off Thursday.

Edmonton authors, book launches and more local initiatives are all part of this year's festival, which is expected to beat last year's attendance records of around 4,000 people because of the popularity with local bookworms.

"I think Edmonton, maybe because of our weather cycle, we do tuck in and read a lot in winter," said Fawnda Mithrush, executive director of the festival. "I think the number of writers in Edmonton is growing but also the number of writers that are aware of each other is also growing."

One of those ways is through students who are working on a tribute to Ed-

11 venues

There are 11 different venues part of LitFest. For more info visit: litfestalberta.com

monton writer Rudy Wiebe. "Just seeing the generation of writers bridge to each other has been fantastic," said Mithrush.

Word on the Square is also new to the festival this year, allowing local authors to read and discuss their work at Churchill Square during specific days as part of a partnership with Edmonton Arts Council.

Naomi Klein is the festival's headline presenter, with other writers slotted for the festival that runs until Oct. 26 at different locations in the city. STEPHANIE DUBOIS/METRO



Naomi Klein is the Litfest headliner for this year's event. COURTESY ED KASHI



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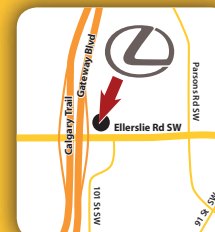


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Boston Mayor Marty Walsh leans out of the City Hall to Go truck, which allows residents to receive services in their neighbourhood. CONTRIBUTED

City literally rollin' into your hood?

On the move. Boston, other cities have experimented with service



RYAN TUMILTY
ryan.tumilty@metronews.ca

The wheels are in motion on a proposal to bring city services to you, with a mobile city hall.

The proposed mobile city hall unit is in the idea stage, but the idea would be to have a truck that could offer city services in your neighbourhood.

"At this point it's a hypoth-

esis and we believe that reaching people where they are, especially when Edmontonians are such busy people, creates greater access," said Jason Darrah with the city's office of public engagement.

Darrah said the truck might be able to offer up library cards or pet licences and could also have information on zoning changes or other planning issues.

The office of Great Neighbourhoods is also involved in the project. Darrah said the city does a lot of open houses and invites people in, but this would be more about outreach.

"This is a concept we're

exploring to do the reverse; to take the city to the people," he said.

Several other cities have tried the idea, including Boston. Danielle Valle FitzGerald, the director of that city's City Hall to Go program said it's been working very well.

"People have really developed a sense of loyalty to it. I have joked that we now have City Hall to Go groupies, which means the world to me," she said.

According to Valle FitzGerald, with Boston's geography, getting to city hall can take an hour for some people and this service saves citizens a lot of time.

Grits plan to push again for Gay Straight Alliances

Alberta Liberal MLA Laurie Blakeman is planning again to push for school boards to support Gay Straight Alliances in their schools.

Blakeman announced Wednesday she intends to introduce a bill in the fall session of the legislature mandating GSAs.

She said it simply doesn't make sense for school boards to wait on such an important issue.

"We know that the overwhelming suicide rate in young males is connected to sexual orientation and

gender identity," she said.

Liberal MLA Kent Hehr introduced a motion in the last session on the issue and Blakeman said since then the conversation has continued.

"There has been a lot of talk since then and what I keep hearing from people is that this is just a matter of time," she said.

Kris Wells, co-director of the Institute for Sexual Minority Studies & Services at the University of Alberta, said the motion in the last term should have been a wake-up call for school



MLA Laurie Blakeman CONTRIBUTED

boards.

"School boards had a chance in the last five or six months to do this and they failed," he said.

RYAN TUMILTY/METRO

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Work woes. Taxpayers' association takes aim at Edmonton's sick days

City workers are sick more often than their private sector counterparts, according to new data from the Canadian Taxpayers Federation, but the city says those numbers don't tell the whole story.

According to the CTF, Edmonton city workers file an average of 8.6 sick days per year, well above the 5.6 in the private sector and the 6.8 sick days booked by City of Calgary employees.

CTF Alberta director Derek Fildebrandt said "there are only two inevitable conclusions" one can draw from the numbers.

"Either people working for government are taking more sick days than they actually need, or working for the government is very bad for your health," he said.

Mircea Fagarasanu, the city's director of Corporate Safety and Disability Management, said the city's number is trending down for sick days, as well as long-term disability claims and worker's compensation claims.

He said compared to both private and public large organizations, the city fares well and comparing the city to the entire private sector doesn't show the true pic-



Mayor Don Iveson
METRO FILE

ture.

"The average for large employers in Canada is 9.5 days. We are below that and also when we look at public employers in Canada we are below that number too," he said.

Mayor Don Iveson said he hadn't read the CTF's report, but was confident the city was working to address the problem.

"If we have an opportunity to reduce it through healthy workplace initiatives and other HR practices then there's a focus on it," he said.

RYAN TUMILTY/METRO

WITH FILES FROM ROBSON FLETCHER

Not seeing eye to eye

Council fires up debate over Churchill Square smoking ban

All of city council will debate the idea of a Churchill Square smoking ban, after councillors couldn't agree on the idea at a committee meeting Wednesday.

Councillors, sitting as the Community Services Committee, were split over the ban, with some wanting it there all the time, while others were looking for it to apply only during

major events.

Coun. Ben Henderson said the city has done a lot to encourage the casual use of the square and he doesn't want to drive people away.

"I think we're shooting ourselves in the foot, by adding rules back into the square," he said.

Coun. Michael Walters said limiting the ban to just special events would create confusion and ultimately make the ban more difficult to enforce.

"I think the best thing for us to do is to keep simple and clean."

RYAN TUMILTY/METRO



Three-year-old Cookie would be one of the first residents at a no-kill pit bull sanctuary planned for outside of Edmonton. CONTRIBUTED

Pups find a place just like heaven

No-kill sanctuary. Group raises funds for rehabilitation centre



LEAH HOLODAY
leah.holoday@metronews.ca

Pups who can't find a forever home could be given a second chance at life as a local group works to create the country's first no-kill dog sanctuary in central Alberta.

Spruce Grove-based Pit Bulls for Life has worked for the last 10 years to find abandoned pit bulls a new home. Organizer Allison

At a glance

- To date, the group has raised \$15,000. For more information, visit pitbullsforlife.com.
- Phase 1 of the sanctuary is expected to cost \$75,000 and could house 48 long-term dogs.

Noseworthy said the idea to create the sanctuary was inspired by the number of dogs the group encounters that need a place to live, but aren't suitable to be adopted.

"Some of these dogs, they're not bad dogs but

they're not dogs for the average person. They still deserve a place to live," she said.

"Our whole core group feels very strongly about (not euthanizing)," said Noseworthy. "It does limit the amount of dogs we can take in and that's where the idea for the sanctuary has come about."

To make sure every animal has a happy place to live, the group is raising money to kick off the first phase of a sanctuary where pups not suitable for adoption can live out their life and work with trainers for rehabilitation.

The group's first pup des-

tined for the sanctuary is Cookie, a three-year-old pit bull found abandoned in a hotel room in Nisku, said Noseworthy.

"She has been very fearful from the day we got her. She's very under-socialized. She's terrified of people most of the time," Noseworthy said, adding Cookie is a very sweet girl.

Pit Bulls for Life saw roughly 100 dogs last year. With a new sanctuary, Noseworthy said the group could have helped much more.

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YEG bike lane advocates ask for 'I bike' photo submissions

You bike? Edmonton Bike Coalition creating a photomosaic project to send a message to city hall in time for capital budget debate



STEPHANIE DUBOIS

stephanie.dubois@metronews.ca

If a picture says a thousand words, then the Edmonton Bike Coalition is sending a wave of messages to city hall through their latest project.

In an effort to grab city council's attention and support for expanding the city's bike lane network, people are asked to take a photo of themselves holding a sign that says "I bike" or "I would bike."

The end result? A large mural stationed at city hall featuring all of the submitted photos.

"It's a photomosaic. It's going to be a large picture that's composed of other pictures," said Conrad Norbert, co-founder of the group, adding they wanted to take a different approach to create buzz.

"We're hoping to build momentum moving into this capital budget debate to let city hall know that there's diverse, widespread support for high-quality bike infrastructure in Edmonton cen-



This example of a photomosaic will be similar to one a group of people are doing as part of upcoming budget talks.

SCREENSHOT

Quoted

"It's a photomosaic. It's going to be a large picture that's composed of other pictures."

Conrad Norbert, co-founder of the Edmonton Bike Coalition

tral neighbourhoods."

The group is planning an event for November to get people involved in their cause and photomosaic after having a soft launch of their website Tuesday to spark

bike lane awareness and investment support.

Norbert adds the coalition wants city council to dedicate around \$7 million each year for the next four years to develop safe bike infra-

structure, including bike lanes on 102 Avenue and 83 Avenue.

Until then, the coalition wants to send their message in the faces of Edmontonians.

"Photomosaic is trying to show things have changed and that there's a large quantity of people out there who want to get around safely and comfortably on their bikes."

'There will be some drama.' Calgary expects electricity to be restored Thursday

Electricity is now expected to be restored to 18 square blocks of downtown Calgary by 5 a.m. Thursday, although city officials cautioned displaced residents to wait until a bit later in the day to start returning home.

"Things have been going better than expected," Mayor Naheed Nenshi said late Wednesday afternoon, as crews continued to work on rebuilding electrical infrastructure wiped out by an underground fire Saturday night.

Enmax, the city-owned power utility, initially anticipated restoring electricity by midday on Thursday, but that time frame was bumped up as work progressed.

The mayor cautioned, however: "Once we're re-energized,

there will be some drama."

He urged downtown residents to not return immediately once power is restored, as buildings still need to be checked by city inspectors and then by individual property managers before residents can move back in.

"Give them time and some space to let all of this happen," Nenshi said. As to the cause of the fire, he said, "We genuinely don't know much."

Enmax CEO Gianna Manes said the investigation continues but it will likely be some time before any answers are available.

"The expectation is that it will be longer than a month," Manes said of the process.

ROBSON FLETCHER/METRO IN CALGARY

Contract negotiations

Health-care workers call for Mandel to step up

More than 100 front-line health-care workers marched in front of Health Minister Stephen Mandel's campaign office Wednesday, shouting for the former Edmonton mayor to intervene in contract negotiations.

After talks between the province and the Health Sciences Association of Alberta were stalled last week, HSAA president Elisabeth Ballermann said it's time for the new minister to give Alberta

Health Services a straightforward directive.

"We're here to tell Stephen Mandel, who is our health minister who is not elected, Alberta Health Services needs to get a mandate from government to negotiate with 17,000 of our members who are waiting for a contract," she said.

The two sides had been negotiating since March for a new contract that would impact the province's physiotherapists, pharmacists, paramedics and others.

Mandel is currently running for the Edmonton-Whitemud seat in the Oct. 27 byelections.

LEAH HOLOIDAY/METRO

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McDonald's in N.B. investigating game of hide and squeak

A not-so-mice surprise.
N.B. man in 'disbelief' after he says he found a mouse in his coffee cup

Ron Morais takes his McDonald's coffee black: no cream, no milk. And certainly no mouse.

The New Brunswick man is looking for answers from the fast-food giant after saying he found a dead rodent at the bottom of his McDonald's coffee.

Morais, who lives in New Maryland, said he ordered the medium black coffee Monday from a McDonald's in nearby Fredericton on his way to work.

The 57-year-old said he didn't notice anything unusual until he popped the lid off to enjoy the last few sips.

"It was disbelief," he said. "And then, 'Oh my God! There's a mouse in my cup!'"

Morais said the small mouse was wedged in the bottom of the cup with what appeared to be rodent feces. He said it was too tiny to notice the extra weight, but there was no doubt about what it was.

"Tail, whiskers, sort of dark grey or almost brown," he said. "The way it was situated in the coffee cup, the nose

was squished up against one side and its butt against the other. So it was almost like it was stuck to the bottom of the cup because it wasn't moving around."

He said one co-worker peered inside the cup and thought Morais was pulling an early Halloween prank with a fake mouse. Another colleague turned green, he said.

"When she looked she almost wooed her cookies," he said. "I felt a little queasy myself."

McDonald's Canada said it takes allegations involving cleanliness and sanitation seriously and that upon learning of the situation, the local franchisee immediately began an investigation, including working with the local public health authority. Both the health authority and an independent inspection by a pest control company found no evidence of pest problems in or outside the restaurant, McDonald's Canada said.

"We are continuing to

investigate this isolated incident and have reached out to the customer to obtain the product sample," McDonald's Canada said in a statement.

Morais, who said he has a "cast-iron stomach," said he went to the hospital on the advice of his boss to get checked out, but was sent home and told to come back if he felt sick.

He said the cup and mouse were kept in a freezer at his home until being picked up by a representative from McDonald's.

Morais said he doesn't want anything from McDonald's besides an explanation. He's had no ill effects from drinking the coffee, except for losing his appetite for a fast-food caffeine fix. **THE CANADIAN PRESS**



Pennsylvania

Man says he assaulted dentist with tire iron to get free dental care in prison

A Pennsylvania man says he assaulted his dentist with a tire iron because he couldn't afford dental treat-

ment and knew he'd get it in prison.

The Erie Times-News reports 30-year-old Philip Kienholz offered the explanation Tuesday when he was sentenced to 16 months to four years in state prison.

The Erie man had pleaded guilty but mentally ill in September to charges of aggravated assault and possessing an instrument of crime.

Erie police say Kienholz cornered the dentist while he was treating a juvenile patient, then hit the doctor in the wrist with the tire iron before running away.

At the time, police said Kienholz indicated he attacked the dentist because he was angry that the dentist wanted to prescribe antibiotics rather than pull an infected tooth.

THE ASSOCIATED PRESS



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Lucie Aylwin and fiancé Gary Gendron. Aylwin died following the mall's collapse. HANDOUT/THE CANADIAN PRESS



Doloris Perizzolo died in collapse. HANDOUT/THE CANADIAN PRESS

Lives lost

Two years after the collapse of Algo Centre Mall, the community as a whole and those close to the victims have been given some measure of closure with the report's release.

- **Tragic Saturday.** In June 2012, the rooftop parking deck, after decades of penetrating, rust-causing water compromising it, finally crashed down.
- **Two victims.** Trapped in the rubble were Doloris Perizzolo, 74, and Lucie Aylwin, 37. Nineteen others were injured. While Perizzolo's death was deemed quick, Aylwin might have lived for as long as 39 hours.
- **Aylwin alive?** Commissioner Belanger concluded as much, stating responsive tapping and a muffled voice was heard by search dogs.
- **Possibility of rescue.** Belanger says Aylwin's rescue was possible, but says "we will never know for sure."
- **Aylwin's fiancé.** "It's sad and it feels good at the same time," said Gary Gendron. "I feel a little bit better, somewhat of a closure."



Rescue workers remove their hard hats as firefighters carry a second body out of the Algo Centre Mall in Elliot Lake, Ont., on June 27, 2012. Commissioner Paul Belanger reported this week on the deadly tragedy of the northern Ontario mall. He and his team have spent months sorting through numerous claims, counter-claims and finger pointing as to who was to blame for the tragedy.

NATHAN DENETTE/THE CANADIAN PRESS

Elliot Lake mall report shows decades of neglect: Belanger

Algo Centre inquiry. Findings show poor construction, dishonest owners, engineers and inspectors contributed to 2012 roof collapse

Decades of incompetence, neglect, greed and dishonesty by successive owners, engineers and municipal officials led to the deadly cave-in of a northern Ontario mall two years ago, a judicial inquiry reported.

Released Wednesday, the report is a scathing indictment of those who allowed the Algo Centre Mall to rust to the point of collapse. Commissioner Paul Belanger pulled few punches in holding those responsible to account.

"Although it was rust that defeated the structure of the Algo mall, the real story behind the collapse is one of human, not material, failures," Belanger told scores of residents at a community centre.

"Some of these failings were

minor, some were not; they ranged from apathy, neglect and indifference through mediocrity, ineptitude and incompetence, to outright greed, obfuscation and duplicity."

What is clear is the disaster began unfolding in the 1970s. The mall, Belanger concludes, was "doomed to early failure" while still in its planning stages.

Putting parking on the roof was a bad idea. A defective roof design — using an untested combination of materials — made matters much worse.

"The system was a dismal failure from the moment it was installed," the report states.

Ironically, the mall seldom lacked for professional oversight from architects and engineers, with 30 visits, inspections and reports over its 33-year life.

However, the scrutiny never translated into a proper fix for the leaks that prompted some to dub the centre the "Algo Falls." No one appeared to realize how severely the rust would compromise the integrity of the structural steel.

Some of the engineers involved simply forgot the "moral

and ethical foundation" of their vocation and, Belanger concludes, were more concerned with pandering to clients than with protecting the public.

"Their inspections were so ... incomplete as to be essentially meaningless," he said.

The commissioner was particularly critical of Robert (Bob) Wood, the engineer who signed off on the health of the mall weeks before it collapsed. His work and conduct, Belanger says, were "markedly inferior."

Wood, who faces criminal charges in connection with the collapse, said he falsified his report to appease the owner.

According to the commission, the mall's various owners hid the problems, then tried to sell their way out of them when patchwork fixes failed. Profit considerations trumped all other concerns, Belanger said.

In all, the report from the \$20-million inquiry makes 71 recommendations, including setting minimum maintenance standards for buildings, beefed-up inspections, and expanded emergency response capability.

THE CANADIAN PRESS

Local effort

Emergency response team praised

Belanger is effusive in his praise for the initial local emergency response. His view of the provincial heavy urban search and rescue team that was called in — despite the good intentions and courage of its members — is far more jaundiced.

The team deployed without sufficient numbers, without a proper plan or command structure, and treated family members and the community poorly, he says.

They also ignored an offer of help from experienced mine rescuers.

They called off the search due to the dangerous conditions instead of simply putting the effort on hold while they considered all

other options.

The rescue effort, he says, was not a model others should strive to emulate.

"Ontario's urban search and rescue system needs a careful re-examination to provide better overall coverage and quality of service," Belanger concludes.

He does, however, praise then-premier Dalton McGuinty for getting the rescue effort restarted.

Provincial police said they had made improvements to their crisis response, including mandatory training for major critical incident teams who are now deployed throughout the province.

In response to the report's release, the Ontario government promised a quick review of the recommendations to ensure the province is better prepared for any emergency.

THE CANADIAN PRESS

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Nurse exposed to Ebola should not have flown on plane: CDC

Passengers contacted.

Federal health agency says the health-care worker flew from Texas to Ohio before testing positive for the disease

A top federal health official said Wednesday that a Texas nurse exposed to the Ebola virus should never have taken a flight from Cleveland to the Dallas area. She has now been diagnosed with Ebola and officials are now contacting other passengers on the plane.

"The level of risk to people around her would be extremely low," said Dr. Tom Frieden, director of the Centers for Disease Control and Prevention.

The worker is the second to be infected after treating a Liberian man who died of Ebola last week.



A Frontier Airlines employee wears gloves as she directs passengers where to go at Cleveland Hopkins International Airport Wednesday in Cleveland, Ohio. Health officials aren't sure how many people came into contact with a Texas nurse as she visited family in the Akron area days before being diagnosed with Ebola in Dallas. The Ohio Department of Health says she visited family from Oct. 8-13 and flew Monday from Cleveland to Dallas. TONY DEJAK/THE ASSOCIATED PRESS

Frieden says the health care worker travelled to Ohio before she knew that the first nurse had been diagnosed. The unidentified nurse flew to Cleveland on Friday, the

same day a colleague, nurse Nina Pham, was hospitalized. Pham's diagnosis with Ebola was disclosed on Sunday.

The second nurse returned to Texas on Monday on Fron-

tier Airlines Flight 1143 from Cleveland to Dallas-Fort Worth with 132 other passengers, according to the CDC.

The airplane's crew said she had no symptoms of Eb-

ola during her return flight on Monday. But Tuesday morning she developed a fever and on Tuesday night tested positive for Ebola.

THE ASSOCIATED PRESS

Effects

Airline stocks fall over fears of Ebola

News that a health worker diagnosed with Ebola flew on a commercial flight raised fear among airline investors that the scare over the virus could cause travelers to avoid flying.

Shares of the biggest U.S. airlines tumbled between two per cent and four per cent in afternoon trading. The overall market slumped on concerns about slowing global economic growth.

Airline stocks have slumped in recent weeks on Ebola fears and concern about slower growth in the global economy, which could offset the benefit to airlines from falling fuel prices.

Wednesday, airlines with the biggest international networks sold off the most.

THE ASSOCIATED PRESS

Pennsylvania

High school soccer coaches resign over Ebola taunts

Two Pennsylvania high school soccer coaches have resigned after their players hurled Ebola taunts at an opponent from West Africa.

The resignations were first reported by The Morning Call of Allentown.

THE ASSOCIATED PRESS

Dallas. Nurses complain of dangerous conditions

A Liberian Ebola patient was left in an open area of a Dallas emergency room for hours, and the nurses treating him worked for days without proper protective gear and faced constantly changing protocols, according to a statement released late Tuesday by the largest U.S. nurses' union.

Nurses were forced to use medical tape to secure openings in their flimsy garments, worried that their necks and heads were exposed as they cared for a patient with explosive diarrhea and projectile vomiting, said Deborah Burger of National Nurses United.

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Nepalese soldiers prepare to airlift an injured trekker in the Thorong La pass area of Nepal Wednesday. Four foreign trekkers caught in a blizzard died Tuesday while 14 others were rescued. COURTESY NEPALESE ARMY/THE ASSOCIATED PRESS

Four Canadians die in Himalayas

Nepalese avalanche, blizzard kill 12. Death toll expected to rise as rescuers struggle to reach dozens of stranded trekkers

Cyclone blamed

- The rain and snow that triggered the deadly avalanches and blizzard in Nepal were caused by a cyclone that hit neighbouring India days ago.
- October is the most popular trekking season in Nepal, with thousands of foreigners hiking around Nepal's Himalayan mountains.

An avalanche and a blizzard in Nepal's mountainous north have killed at least 12 people, including four Canadians, officials say.

Montreal-based travel agency Terra Ultima said three Quebecers — two women in their 50s and one in her 30s — are among those missing and feared dead. Co-founder Julien Passerini said six Quebecers, includ-

ing a guide who is among the missing, had left Canada on Oct. 3 for three weeks.

A company called Panorama Himalaya confirmed the deaths of three Canadian

clients in an avalanche and said it had rescued three other Canadians. A company called Nepal Hidden Treks confirmed the death of a fourth Canadian woman.

In the neighbouring Mustang district, four trekkers caught in a blizzard died Tuesday. Rescuers recovered the bodies of the two Poles, one Israeli and one Nepali trekker from the Thorong La pass area. A government official said 14 foreigners have been rescued so far, and two army helicopters were picking up injured trekkers.

Five climbers — two from Slovakia and three Nepalese guides — were hit by a separate avalanche on Mount Dhaulagiri and remain missing. **THE ASSOCIATED PRESS**

Four kids injured in Kashmir cross-border firing: Pakistan

Indian forces fired into the Pakistan-administered portion of the disputed Himalayan region of Kashmir, wounding four children Tuesday night, Pakistan's military said Wednesday, a sign of increasing tensions between the two nuclear-armed rivals.

Indian army officials confirmed the incident but blamed Pakistan for initiating the fire, saying the Pakistani army fired small arms and mortar shells at Indian positions late Tuesday.

A senior official in Indian-

controlled Kashmir said Pakistani fire wounded one civilian Tuesday.

Angered over the clashes, about 200 Kashmiri activists staged a sit-in Wednesday about 500 metres from the Line of Control at Chakoti sector in Pakistan-administered Kashmir, asking India to stop the firing. They also urged India to allow them to send supplies for those affected by recent floods in Indian-controlled Kashmir that killed 200 people.

THE ASSOCIATED PRESS



A Kashmiri woman sits near a burning tire during a protest Wednesday by people affected by floods in Srinagar. **THE ASSOCIATED PRESS**

Incarceration incident

Prisoner sues B.C. saying he slipped on urine thrown into his cell

A British Columbia man who claims he slipped in urine that was thrown into his prison cell has filed a lawsuit against the province seeking \$25,000 plus court fees.

Shane Jeurissen says in his notice of claim that he was in the segregation unit of the Kamloops Regional Correctional Centre on July 24 when two inmates tossed a container of urine into his cell.

Jeurissen, 43, says in the court document that he "slipped on the urine inside the cell and fell to the ground," suffering injuries to his back and knee.

The long-term offender with a violent history claims a corrections officer then made him clean up the urine without protective equipment.

THE CANADIAN PRESS

Pistorius 'ruined' our family, Steenkamp's cousin testifies

Emotional statement.

Family member tells court she heard news of killing on radio

Reeva Steenkamp's cousin sobbed while testifying Wednesday how she first heard on a car radio that Oscar Pistorius had killed his girlfriend.

Kim Martin said she had "hoped to God" that Pistorius was cheating on her cousin and that the young woman he had shot at his home was not Reeva.

"They hadn't confirmed the name, they said his girlfriend," Martin recalled of the early-morning news broadcast. "I was trying to phone her (Reeva) and she wasn't answering and I was screaming at my husband."

Martin, who said she was close to Steenkamp, went to her mother's house where she learned her cousin had been killed by the Olympic athlete.



Reeva Steenkamp's father, Barry Steenkamp, cries as he is comforted by his wife June, as they listen to proceedings during the third day of sentencing for Oscar Pistorius at the high court in Pretoria, South Africa, Wednesday.
ANTOINE DE RAS/THE ASSOCIATED PRESS POOL

"The doors opened and my mother was hysterical and that's when I knew it was true," Martin said. "That was for me the end of the world. Everything was just a blur from then onwards."

The emotional testimony during Pistorius' sentencing hearing caused the judge to rule a brief adjournment when Martin began crying. Her testimony dealt in detail for the first time at the months-long trial

with the life of Steenkamp, a 29-year-old model and law graduate, and the impact her Valentine's Day killing had on her family.

"We were all, 'Why, why, why Reeva?'" Martin said.

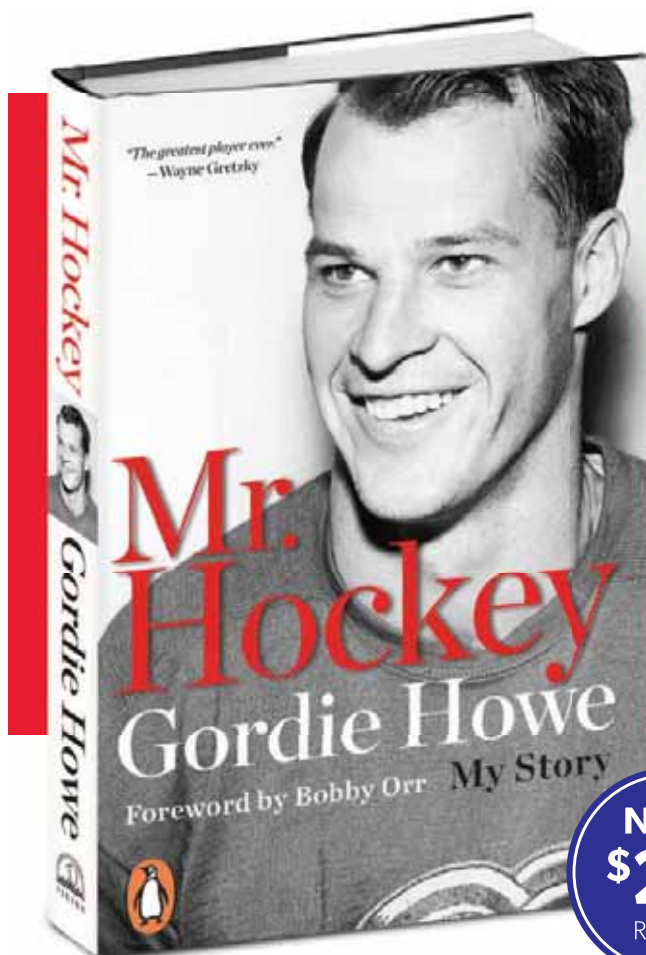
She said Steenkamp's killing "ruined our whole family."

Steenkamp was shot multiple times by Pistorius through a toilet cubicle door in his home in the pre-dawn hours of Feb. 14, 2013.

The runner was found guilty of culpable homicide for negligently killing her, but acquitted of murder after claiming he mistook Steenkamp for an intruder.

Martin was the first witness called by prosecutors for sentencing and the first relative of Steenkamp to give testimony in the case. Martin said she wanted to be "Reeva's voice" after Steenkamp's parents, Barry and June, decided they were too emotional to testify.

Judge Thokozile Masipa will decide Pistorius' punishment and has wide latitude. The judge could order the former star athlete to pay a fine and go under house arrest, or she could send him to prison for up to 15 years. THE ASSOCIATED PRESS



GORDIE HOWE

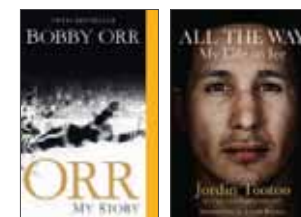
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In this 2011 photo, William Melchert-Dinkel leaves court with his wife, Joyce Melchert-Dinkel, in Faribault, Minn. ROBB LONG/THE ASSOCIATED PRESS FILE

Death of Tina Fontaine's father led her astray, courtroom hears

A Winnipeg courtroom is hearing more details about the downward spiral of a 15-year-old girl whose body was pulled from the Red River in August.

A sentencing hearing for two men who killed Tina Fontaine's father, Eugene, has been told the teen lost her way after the killing.

Eugene Fontaine was beaten to death in October 2011 by two men he had consumed drugs and alcohol with on the Sagkeeng First Nation north-east of Winnipeg.

Nicholas Abraham and Jonathan Starr have pleaded guilty to manslaughter and the Crown is seeking 10-year sen-

tences for each of them.

In a victim impact statement, Tina Fontaine's great-aunt and uncle say Tina "started drifting away" after losing her father. One of Tina's aunts said the teen "was not able to cope at all."

The girl's family has already said Tina was a bright girl who

fell into trouble after moving to Winnipeg earlier this year.

They say she frequently ran away from social workers while she was in the care of family services, and disappeared one week before her body, wrapped in plastic bag, was found in the water. Police have not made any arrests. **THE CANADIAN PRESS**



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Man guilty of assisting suicide gets jail time

Former Minnesota nurse. He encouraged an 18-year-old Canadian university student to kill herself

A former Minnesota nurse who admitted going online and encouraging an English man and a Canadian woman to kill themselves is headed to jail.

William Melchert-Dinkel was ordered Wednesday to serve 178 days.

He was sentenced to three years in prison, but he won't have to serve the prison term if he complies with conditions of probation that include the jail time.

The 52-year-old was convicted in September of one count of assisting a suicide and one count of attempting to assist a suicide in the deaths of Mark Drybrough, 32, of Coventry, England, and Nadia Kajouji, 18, of Brampton, Ont.

The convictions came after the Minnesota Su-



Nadia Kajouji, from Brampton, Ont. THE ASSOCIATED PRESS

preme Court narrowed the state's assisted-suicide law and reversed earlier convictions.

Kajouji jumped into a frozen river in 2008. She was a student at Carleton University in Ottawa at the time. Drybrough hanged himself in 2005.

Melchert-Dinkel told the judge presiding over the case that he was sorry for his actions. **THE ASSOCIATED PRESS**

North Korea touts human rights record

'Nothing to hide.'

Exercise in reputation burnishing comes on heels of UN report critical of the regime

North Korea on Wednesday circulated a draft UN resolution praising its own human rights record in a rare effort to counter the international community's growing condemnation of the way it treats its people.

In a closed meeting, dozens of diplomats sat in silence after the North handed out copies, said it has "nothing to hide" and invited questions and comments.

China, Pyongyang's top ally, finally broke the silence and said it strongly opposes resolutions that interfere in a country's internal affairs and hurt mutual trust.

The European Union and Japan have teamed up on a separate resolution that sharply criticizes North Korea's human rights record.

The EU told the North Koreans that Pyongyang's recent contacts with EU officials have been welcome, but that doesn't mean its resolution criticizing the North will be withdrawn.

No diplomat commented on the draft resolution in the meeting, which broke up after just 20 minutes. The North Koreans said com-

ments are welcome until the end of the month. "Don't hesitate to contact me," one said.

The draft was not circulated publicly. In a letter to diplomats circulated last week, North Korea said its resolution for the U.N. General Assembly would mention the country's free education and medical systems and the "recent positive measures" to improve relations with South Korea.

North Korea has taken the unusual approach of promoting its rights record in the months since a U.N. commission of inquiry report was harshly critical of the impoverished, reclusive regime.

THE ASSOCIATED PRESS



In support of euthanasia

A supporter rallies Wednesday outside the Supreme Court of Canada in Ottawa on the first day of hearings into whether Canadians have the right to seek help to end their own lives. ADRIAN WYLD/THE CANADIAN PRESS

Hudson Bay region

Polar-bear hunt quotas slashed

Inuit and Cree hunters have agreed to slash their polar bear quotas for Canada's southernmost population of the mighty Arctic predator.

Scientists say the old allowable harvest of 60 bears in the southern Hudson Bay region was unsustainable. But Inuit say they agreed to cut their hunt back to 45 mostly over fears of an international backlash against Canada's management policy.

"We keep saying there's too many bears out there, but the biologists don't seem to understand that," said Paul Irrngaut of Nunavut Tunngavik Inc., the group that administers the Nunavut land claim.

He said hunters feared that if they hadn't agreed to reduce the southern Hudson Bay hunt, Environment Canada would ban the export of skins from those particular bears in an effort to prevent the entire trade from being forbidden. THE CANADIAN PRESS

Edmonton Woman's Show

Edmonton EXPO Centre, Hall A
Oct 18/19th

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Style

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Saturday: Noon
Sunday: 1:00 pm

Crafts

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Intuitive Painting Workshops with artist Andréa Schmidt. Saturday and Sunday

Health

Dermatologist Dr. Jaggi Rao gives you the latest on maintaining healthy skin at any age.

Saturday: 10:00 am
Sunday: Noon

Acupuncturist Sabrina Silins speaks about Mental Health for a Woman's Wellbeing.

Saturday: 11:30 am and 3:30 pm
Sunday: 3:00 pm

Community

Join Fawn Weaver, best selling author of "Happy Wives Club".

Saturday: 12:30 pm
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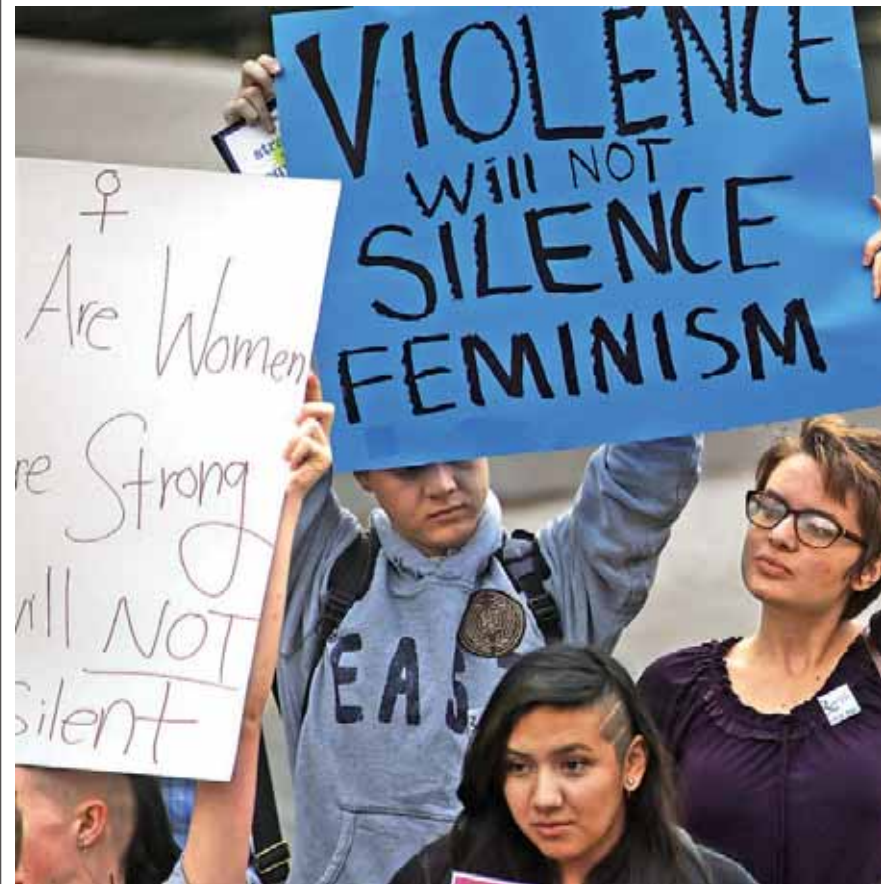


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People protest on the campus of Utah State on Wednesday in Logan, Utah. The state's gun laws are in the spotlight after feminist speaker Anita Sarkeesian cancelled a speech at the university once she learned the school would allow students to carry concealed firearms despite an anonymous threat against her. RICK BOWMER/THE ASSOCIATED PRESS

Sarkeesian critical of school's relaxed safety measures

Gun violence.

Canadian blogger got mass shooting threats, but Utah State refused to prevent people from carrying firearms into her lecture

Canadian feminist and media critic Anita Sarkeesian has been forced to cancel a lecture in Utah after an anonymous threat promised a "Montreal Massacre-style attack" if the event went forward.

Sarkeesian — whose Feminist Frequency blog critiques how women are portrayed in popular culture and video games — was set to speak at Utah State University Wednesday evening. However, school officials

received a threatening email Monday, vowing to carry out a mass shooting unless the lecture was cancelled.

According to the Standard Examiner in Ogden, Utah, the threats directly referenced the 1989 shooting at Montreal's École Polytechnique. In that incident, 25-year-old Marc Lépine announced he was "fighting feminism" before murdering 14 women at the school.

The author of the email referred to Sarkeesian as "a craven little whore" and boasted about possessing "a semi-automatic rifle, multiple pistols, and a collection of pipe bombs."

The university had vowed to increase security at the event, but Sarkeesian cancelled after learning the audience would be allowed to carry concealed firearms in accordance with state law.



Anita Sarkeesian CONTRIBUTED

"It's sort of mindboggling to me that they couldn't take efforts to make sure there were no guns in an auditorium that was threatened with guns and a mass shooting," Sarkeesian said. "I don't understand how they could be so cut-and-dried about it."

LUKE SIMCOE/METRO ONLINE WITH FILES FROM THE ASSOCIATED PRESS

When will Canada get HBO standalone streaming service?

Not for a while.

The service is likely a no-go in Canada, at least until licences with Corus and Bell expire in 2018

HBO's plans to launch a stand-alone streaming service in the United States — that will let viewers sidestep their cable company to watch popular shows like Game of Thrones and True Detective — may signal a huge setback for the Canadian companies that currently carry the programs.

While the service won't be available in Canada immediately, it demonstrates the U.S. company is prepared

to follow a growing number of viewers who are cancelling their cable in favour of services such as Netflix.

The announcement by HBO, which plans to launch its "over-the-top" next year, increases the possibility it will make inroads into Canada, RBC Capital Markets

analyst Drew McReynolds writes in a note.

But it'll still take several years because new HBO programming is under an exclusive licence in Canada to Corus Entertainment and Bell Media, until 2018, McReynolds says.

THE CANADIAN PRESS

Market Minute



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(+0.38¢)



TSX
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OIL
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GOLD
\$1,244.80 US (+\$10.50)

Natural gas: \$3.81 US (-\$0.03)
Dow Jones: 16,141.74 (-173.45)



See Dubai from the sky

The world's tallest tower, Burj Khalifa, is seen in the background next to a mosque in Dubai, United Arab Emirates, in 2011. Visitors to the Burj Khalifa can now get an even more elevated view of the Middle Eastern city. The owner of the 828-metre-tall skyscraper says that starting on Wednesday, visitors can pay to ride up to a new observation deck on the 148th floor. That is 555 metres above street level, making it the world's highest observation deck, according to Guinness World Records. To get there, visitors have to change elevators on level 125. Earlier, tourists could only go to a still-operational observation deck on the 124th floor. Nearly 1.9 million visitors did so last year. KAMRAN JEBREILI/THE ASSOCIATED PRESS FILE

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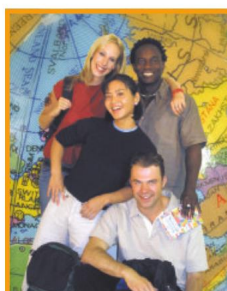
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CYBERSAFETY: TIPS FOR NUDE CELEBS & OTHER PEOPLE

Whether it's a generous overseas prince, an unexpected "I love you" email from a friend or a "banking error" that results in a refund, the surest sign something is spam is a nice person on the Internet.

There is no such person.

Message boards, news sites, comments sections and Twitter have taught us there is no "nice" online: only the malevolent and the stupid.

Olga from Russia does not want to date you and other men over 30. You are not the illegal-download site's 100,000th visitor, with or without a balloon gif. And, okay, maybe your parents sent you an email saying they love you, but it sounds suspicious to me.

Each week there's some new security breach caused by bots on your computer or hackers in the Cloud or some damned thing.

People scramble to see hacked nude photos of celebrities they've already seen naked in the movies. CNN explains



HE SAYS
John Mazerolle
metronews.ca

some new virus that sounds like an indie band (StormWorm!). A newspaper columnist comes THIS CLOSE to giving his info to a TD Bank phishing scam until he remembers, "Hey, this seems awfully *nice* of them."

Fortunately, my cynicism once again saved me from my useless trust in humankind. But what if you're a better person than me? How do you keep safe online? So glad you asked.

How to keep safe online

- Go against expectations by making your password "password." Hackers will be trying to find a more complicated password, and it will be right under their noses! The fools!
- Conversely, mix it up with Password1. The combination of text, caps and numbers will leave them baffled.
- Remember you should never share personal information over the Internet, email, regular mail, cellphones, land-

lines, smoke signals, Morse code, by pheromone or in person.

- If looking at nudes in public, cup your hands around the edges of the screen.
- Leave so-called "Captain Kirk" code on your computer to fool any bots into a logical paradox. e.g. "Everything this code says is a lie. This code is lying." Please note that your computer will smoke and spark for a while before shutting itself down.
- Ever notice how all security breach stories involve PCs or Macs? Tandy 1000, my friends. Tandy 1000.
- "Clean" your computer after every use by tossing it in soapy water.
- Keep your nudes in a folder marked Gideon Bible/Finances/History of New Brunswick and your personal information tucked away in the Apple Terms and Conditions agreement where nobody will read it.
- Maybe don't trust your personal information to a computer storage system named after a natural phenomenon known for its impermanence and permeability. Just a thought.

Metro Bitstrips caption contest



Today's winner:
Andrew Wong



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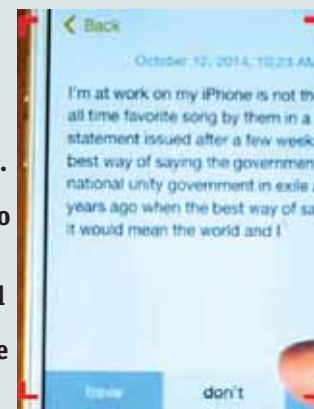


Let autocorrect finish that song



ANDREW FIFIELD
andrew.fifield@metronews.ca

Frequently frustrating suggestions aside, autocorrect can be pretty helpful — and entertaining. Songwriter Jonathan Mann also sees the charm in the smartphone feature's whimsical wordplay, so he recruited an iPhone to be the Bernie to his Elton and write the lyrics to a damned catchy song that haphazardly explores headaches, the universal yearning for human contact and ... geopolitics? (Jonathan Mann/YouTube)



SCREENGRAB

Twitter

@metropicks asked: A U.S. doctor is slamming hazmat Ebola worker costumes as being offensive. What Halloween looks are off limits?

@pohl1: ISIS Jihadis, human bombs

@megsprevost: Dress up as a cloud and hand out nude pics of celebrities all day long. #TooSoon #Funny

@WerdEmUp: um... maybe "Sexy Ebola Hazmat Worker" ??



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 11 in Scene, page 15 in Life and page 18 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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Happy wife shares the secrets to living the life of your dreams

Woman's Show.

Author Fawn Weaver will discuss her best-selling book, *The Happy Wives Club*



JENNIFER LARAWAY
Jennifer Laraway
edmonton@metronews.ca

Who better to say how women can have it all than a woman who, arguably, has it all.

Fawn Weaver is living the life of her dreams — and not by chance, but by choice.

This weekend at the Edmonton Woman's Show, she is sharing how she transformed a hectic life into one that beautifully balances work, family and marriage.

It all started with a life-changing discovery.

"What I realized is there are so many women who don't have the life of their dreams — not because it isn't within reach, but because they don't realize it," she explains. "For women, it means not letting your dreams go by the wayside when you get married. In fact, letting go of your dreams is hurting your marriage."

Over the years, Weaver would write down her epiphanies. She never imagined that one day those thoughts would turn into chapters, which would eventually turn into a New York Times best-selling book.

The *Happy Wives Club* not only chronicles Weaver's

If you go

The Edmonton Woman's Show runs Oct. 18 and 19 at the Expo Centre.

- **Exhibitors.** Everything from health, food and fashion to home decor and crafts.
- **Admission.** \$10 to \$12; afternoon tea is \$36.
- **Online.** For more information or tickets, go to womanshow.com.

insights but those of couples from around the world who have been married for 25 years or more.

Through interviews, Weaver tapped into the secrets of their success: from daily routines to embarking on new adventures.

"No one knows you better than your partner," she says. "Before anyone else has a chance to shoot down your dream, your partner will be the one helping you build it."

Practising what she preaches has enabled Weaver to redefine for herself, and countless other women, what the phrase "happy wife, happy life" really means.

"This has been the most unorthodox path ever. I never set up to be a writer — it was therapeutic for me to get through tough times," she says.

"As things got better, I continued to write. If friends came to me with challenges in life, I would say, 'I wrote something about that, hang on a sec.'"



Fawn Weaver, author of *The Happy Wives Club*, headlines this weekend's Edmonton Woman's Show. CONTRIBUTED

"They kept telling me I needed to write a book. For me, it was just a hobby. But, I got frustrated with what I was seeing on reality TV

— how wives and husbands were being presented, so I started an online club.

"All it had was a mission statement and a join button.

I sent the link to five friends and, within four weeks, we were in 20 countries just to show that there were happy wives."

2 SCENE

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Avatar Secrets



Episode 3: Camaraderie

High on the adrenalin of finishing her first quest and levelling up, Ramona pushes deeper into the game, but quickly comes to see that she can't keep going on her own. "You see this enormous tsunami of loneliness. It's like a chant," says Dr. Sue Johnson, psychologist and author of *Love Sense*. Scan this photo for a video of Johnson discussing our need to connect with others.



COMMISSIONED BY TVO, AVATAR SECRETS IS AN ONLINE DOCUMENTARY THAT EXPLORES THE ALLURE OF THE VIRTUAL WORLD AS A NEW FRONTIER FOR CREATING EMPATHETIC CONNECTIONS AND PURSUING SELF-DISCOVERY.

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Chic-lit pioneer Becky heads to Rodeo Drive

Shopaholic to the Stars. Author Sophie Kinsella discusses her new book and its deeper themes about men and women

EMILY
LAURENCE
Metro News New York

When Sophie Kinsella released *Confessions of a Shopaholic* in 2003, chick lit was new. But the book about romance, shopping sprees and friendship resonated worldwide and spawned a movie. It's been four years since the last *Shopaholic*, but Kinsella is releasing the seventh book next week. We talk to her about how writing for women has changed, the book's deeper themes and what's next.

It's been four years since the last Shopaholic book. Why so long?

I was very eager to write another *Shopaholic* book, but I was also eager to write *I've Got Your Number* and *Wedding Night*, two stand-alone novels I've written in between. Oh, and I had a baby along the way. Hence the slight delay.

How did you come up with the idea?

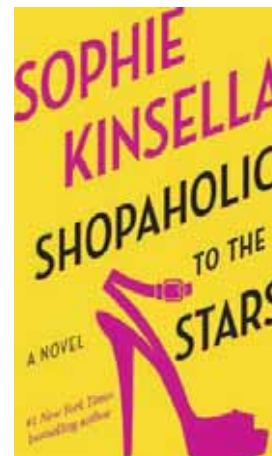
Sending Becky to Hollywood is an idea I've been mulling on for ages — especially since I was involved in the *Shopaholic* movie. All the time I was on set or in L.A., I kept thinking, "What would Becky do? How would she react to L.A.?" I knew she would go on quite a journey and I couldn't wait to write it.

Shopaholic To The Stars has a deep theme of how women's work is valued versus their husband's work. Is this a discussion you wanted to spark?

I never write any scenes deliberately to provoke discussion, but I do try to reflect reality as I see it. The struggle for any family to balance its breadwinning and parenting needs is definitely a big issue of today. Becky and Luke have a very real dilemma. They want to support each other, follow their individual ambitions, but remain a tight family unit. It's a tough task and I don't think there are any easy answers.

Has writing about Becky changed since the first book?

Becky has changed and grown and the world has moved on. When I started writing the first



Quoted

"I think the world has been through its own shopaholic journey — borrow, spend, regret it, pay the price."

Shopaholic author Sophie Kinsella

Shopaholic book, debt was not the topical subject it is today — in fact, I feel like I was ahead of the curve! Now we are all very aware — not just of our own personal debt but of our nations' debts. The financial crisis shook us all up and it was weirdly satisfying writing Becky's response to it in *Mini Shopaholic*.

I think the world has been through its own shopaholic journey — borrow, spend, regret it, pay the price. We're all a bit wiser now, and Becky is, too.

You were one of the first authors whose books were labelled chick lit. Was that a label you embraced?

I'm fairly relaxed about the phrase chick lit, partly because it's so nebulous. What does it even mean, exactly? No one seems sure. But I do think it's a shame to categorize a readership as all-female before you even begin. I know I have some male readers, even if they hide the books behind sports magazines. So I'd prefer romantic comedy, or the label I saw in a bookshop once: wit lit.

Has the way you write to women or the book business changed over time?

When I write, I don't really think about "writing to women" or the book market. I think that would distract me and anyway, I don't believe in trying to second-guess readers or markets. I just tell a story, in the best way I can, trying to write the book that I'd love to read myself. I haven't deliberately changed my style, although I have obviously noticed trends coming and going around me.

You leave things a bit open-ended in this book. Can you reveal what may happen next to Becky?

It was a lot of fun writing the end of *Shopaholic To The Stars*. While much of the story is tied up, there is a bit of a cliffhanger — I'm a sucker for a cliffhanger — but don't worry, I'm hard at work writing the sequel.

Let's just say that Becky is on the road.



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Pink mixes it up with Green for a folksy fresh sound

Rose Ave. Alecia Moore says she is just being herself in *You+Me*, her new folk duo with Canadian singer Dallas Green

Don't call Alecia Moore Pink — at least for now.

The 35-year-old entertainer is just being herself in *You+Me*, her new acoustic project with Canadian singer-songwriter Dallas Green.

The duo released its debut album Tuesday.

"This has nothing to do with Pink," Moore says, sitting by Green's side at Santa Monica's Viceroy Hotel.

"Pink was my nickname as a kid, but it's become this thing that I do. If you say the name Pink, you conjure up a woman hanging from a ceiling in a piece of cloth, screaming about her husband," she laughs. "This is just me and my friend Dallas. He doesn't call me Pink."

Moore and Green say they weren't even trying to create an album. They were just a couple of old friends having fun and making music.

"The fact that there were no expectations — I think that's what made it so freeing," she says. "I felt like I was eight years old again. I just felt like I was doing it because I loved it."

The result is *Rose Ave.*, a collection of nine original,



Alecia Moore, known as Pink, and Dallas Green recorded a folk-music album as *You+Me*. THE ASSOCIATED PRESS

guitar-based duets, along with a cover of Sade's *No Ordinary Love*. The spare arrangements on these folksy

songs spotlight Green and Moore's harmonies.

"I think I sing better when I'm singing with

him," she says.

Alecia Moore and Dallas Green wrote and recorded their debut album in a

week, which Green attributes to their friendship and overall comfort with each other.

"The reason we wrote so quickly," he says, "was just because it was so energizing, the experience, I think, for both of us, because it was something different."

Since 2005, Green has written and recorded as *City and Colour*, releasing four studio albums.

As Pink, Moore says she tends to "write to tour."

"I'm way more of a touring person now," she says. "I'm trying to create the best thing I can create so I can do the coolest thing on the stage."

She and Green would not say if they plan to tour as *You+Me*.

Although Pink is on a break right now (her *The Truth About Love* tour wrapped earlier this year), Moore promises she'll be back eventually.

"I see myself in Vegas at 60," she said, "in a tutu, hanging from the ceiling in a piece of cloth, screaming about my husband."

THE ASSOCIATED PRESS

Song of Innocence



Bono

Bono apologizes for iTunes freebie

Bono says he is sorry for giving away U2's latest album for free on iTunes.

There were grumbles last month when the Irish rock band's new album *Song of Innocence* was automatically downloaded onto Apple's iTunes accounts around the world. Users griped that it took up valuable storage space.

In a video interview on Facebook Tuesday, Bono took questions from fans. One fan wrote, please, no more automatic freebies. "It's really rude."

"Oops," said Bono. "I'm sorry about that."

"I had this beautiful idea. Might have gotten carried away with ourselves. Artists are prone to that thing. A drop of megalomania, a touch of generosity, a dash of self-promotion, and deep fear that these songs that we poured our life into over the last few years might not be heard." AFP

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Chris Brown holds no punches in his assessment of Ebola crisis

Oh, Chris Brown. You just can't help yourself, can you? The embattled singer decided to ruminate a bit on the current Ebola crisis, but maybe he should've just taken another BuzzFeed personality quiz or something — "Which Rihanna song are you," maybe? — because the results are, well, this: "I don't know ... But I think this Ebola epidemic is a form of population control. S— is getting crazy bruh." Indeed, bruh. He did at least follow that up with "Let me shut my black ass up!" At which point I can only assume he pummelled himself into submission.



Chris Brown
ALL PHOTOS: GETTY IMAGES

Gomez to grown-ups: 'What were you doing at 15?'

Kids can be tough enough, but Selena Gomez says she's also had to put up with grown-up haters, too. And she's had it, man. Up to here! "I get picked on by grown adults all the time," Gomez tells E! News. "It's grown-ups and I don't get it. It just baffles me. I wish I could just sit them down and say, 'What were you doing at 15? What were you doing at 18? What were you doing at 21?' Because I can guarantee you it's not half of what I've done." Maybe the "whatever, loser" tack isn't exactly the high road she seems to think it is. But apparently, it's working. "Trust me, it's hard. I've had



Selena Gomez

my moments where I've let them get to me, but I refuse to let them win," she says. Now if you'll excuse me, I have to go think about what I was doing at 15. And it ain't pretty.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Harry's party 'style' has pals concerned



NED EHRBAR
Metro World News in Hollywood

Guys? Harry Styles' friends are worried about him. And with good reason. Styles was recently photographed in the natural habitat of a 20-year-old celebrity on a break from his pop group's arena tour: puking his guts out on the side of an L.A. freeway the morning after a night out

with Lily Allen. You know, that old story. Well, while he's been getting sick his friends have been worried sick.

"He has been worrying everyone for quite some time now," a source tells Radar Online.

"Those close to him have urged him to slow down. But he lives by the seam of his pants and thinks that he is invincible. Clearly, he is not."

I'm not familiar with what living by the "seam" of your pants is, exactly, but hey, language is a fluid beast. Boot and rally, Harry. Boot and rally.



Twitter



@ABFalecbaldwin

An election is just weeks away. What better time to, once again, critique the lack of common sense and fairness in most US govt policy?



@kirstiealley

Oh damn...new cell phone with new Twitter app and no idea how to USE THE BLOCK Feature.



@Miles_Teller

When I buy my first house my shower head will have multiple settings.



Stephen Collins

Art imitating life? 7th Heaven star's latest role was a pedophile priest

This is probably not the kind of attention the filmmakers were hoping for: It turns out embattled former 7th Heaven star Stephen Collins' most recent role was in Penance, a

short film just hitting the festival circuit, playing ... a pedophile priest. Yikes. The film screened at the Catalina Film Festival near L.A. last month, just days before the release of a tape of Collins confessing to past incidents of molesting multiple young girls.

But on the bright side, it's not often a short film gets this kind of attention, so ... yay?



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Bang bang there goes my hair!

To chop or not to chop?

Cropping the front of your coif is a serious commitment. Are you ready to make the cut?

KATELYN
ZBOROWSKI
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Maybe it's the pages of fringe-flaunting celebs like Emma Stone and Karlie Kloss. Maybe it's a perfectly coiffed co-worker with a killer fringe rivalled only by her vocabulary. Or maybe it's as simple as a craving for change.

Whatever the cause, the question of the moment is clear: Should you get bangs?

Sure they're stylish and add a level of fierceness to your persona that you didn't even realize you were missing. But bangs can turn into a full-time job. They call for extra styling time in the morning, a level of round brush expertise to which many merely aspire and several months of growth should you ever decide to ditch them.

Sylvie Prud'Homme, co-owner, stylist and proud fringe flaunter at The Loft Toronto, is no stranger to the subject.

Her advice to anyone considering bangs is to "make sure they're right for your morning routine. Having a fringe makes blow-drying and styling a must in the morning, even if you're whipping the rest of your hair into a ponytail or topknot."

Prud'Homme also shares that this fall it's all about the "full bang that grazes just below the eyebrow with softness at the ends". She



Do you have time for these tresses? Regular maintenance of this new do will mean frequent trips to the salon. ISTOCK

says, "by having the ends soft instead of blunt, it allows for you to wear them down or swept to the side."

Who knew bangs could be so versatile?

La Coupe Salon and Spa in Montreal is currently ex-

periencing a surge of clients requesting full frontal fringes.

Stylists Melanie and Melissa credit the trend to the changing season, but also to stars who have recently debuted thick front bangs, including Taylor Swift.

Melanie and Melissa recommend assessing the health and type of your hair, as well as the condition of your scalp before making any decisions. If you have fine hair and an oily scalp, you might find your bangs look flat by the end of the day, leading to frequent washing and styling. If you don't have that kind of time (or patience) to devote to

Decisions at dawn

"Make sure they're right for your morning routine. Having a fringe makes blow-drying and styling a must in the morning, even if you're whipping the rest of your hair into a ponytail or topknot."

Sylvie Prud'Homme
Co-owner of The Loft

your new fringe, step away from the scissors.

If you have thick hair and already go a day or two between washings, you're in

a better position. The next step is to consult your stylist who will help you choose the right type of bang for your face.

A square face with a small forehead, for instance, usually isn't the best match for a thick front-cut fringe. A Jennifer Aniston-inspired side swept option, however, would work perfectly.

Chad Taylor, creative director at Moods Salon in Vancouver's top advice is to "talk with your stylist to see if they'd recommend bangs for your hair texture, face shape and growth patterns," because that pesky cowlick gets a whole lot peskier with the wrong kind of bangs.

3 LIFE

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Insider tip

- Many salons offer complimentary bang trims in between regular appointments. Check to see if yours does while you pop in for a consult to find your answer to the big bang question.



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One bad mother shut-yo-mouth sandwich

Cookbook of the Week

Rebel with a cause



Thug Kitchen, a wildly popular blog, brings its bada—, keepin' it all the way real approach to a book that showcases more than 100 recipes. By taking the pretentious attitude out of healthy eats, it offers realistic advice about everything from techniques to shopping on a budget. Among the recipes are: Baked Spanish Rice, Grilled Eggplant Soba Noodles, Maple Berry Grits, Strawberry Shortcake and more. **METRO**

Black Bean Tortas with Coconut Chipotle Mayo. This sh— is so real you won't even miss that slab of beef

"A Torta is a bada— sandwich with the soul of a burrito," writes the Thug Kitchen crew, an L.A. based duo behind the blog of the same name. "Make this mother—stat and see what your narrow sandwich world has been missing."

1. Throw all those mayo ingredients in your blender or food processor and run that mother— on high for about a minute so everything is good and mixed. Taste and see if you want more hot sauce. Pour this all in a cup or bowl and store it in the fridge until you need it. It will thicken in there, just f—ing be patient.

2. Next, make the beans. Heat the oil in a large soup pot over medium heat. Throw in the onion and sauté it until it starts to look golden brown, about 5 minutes. Add the garlic, chili

Ingredients

Coconut Chipotle Mayo

- 1 cup canned coconut milk
- 1/3 cup of your favourite chipotle hot sauce
- 1/4 cup olive oil
- 1 tbsp ground chia seeds (Yeah, chia seeds, like the f— chia pet. They are rich in omega-3s and full of fibre. If you can't find them, flaxseeds are an OK sub)
- 1 tsp lemon juice
- 1/2 tsp garlic powder
- Pinch of salt

Creamy Black Beans

- 1 tsp oil
- 1 yellow onion, chopped
- 3 cloves garlic, minced
- 1 tbsp chili powder
- 3/4 tsp ground cumin
- 3 cups cooked black beans
- 1 1/2 cups vegetable broth
- Juice of 1 lime
- Salt to taste

Torta Trimmings

- 4 crusty rolls, split and toasted
- Lettuce
- Sliced tomatoes, red onion and avocado

powder, and cumin and cook for another 30 seconds. Add the beans and broth and stir



This recipe serves four. COPYRIGHT THUG KITCHEN

that sh— up. Let it come to a simmer and then turn down the heat real low. Using a potato masher or big-a— spoon, smash up all those beans as best you can. Think chunky guacamole. Add the lime juice and then taste. Add some salt or more spices if that's the kinda sh— you're into. Now turn off

the heat and make a torta.

3. Grab a toasted roll and smear with a bunch of the coconut chipotle mayo. Pile a f—ton of the beans on the bottom half. In between, add whateverthef— you want. Lettuce, tomatoes, red onion, and some avocado are some time-

tested choices, but be creative and sh—. Serve right away with some extra hot sauce.

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Creamy Peanut Slaw



This recipe serves four people as a side dish. COPYRIGHT THUG KITCHEN

1. Peanut dressing: Mix the peanut butter and warm water together in a medium glass until it's creamy. Add the rest of the dressing ingredients to the sauce and mix that son of

a b— well.

2. In bowl, combine all the slaw veggies. Pour the dressing over them and toss it all around until everything is coated.

Ingredients

Peanut Dressing

- 3 tbsp peanut butter
- 2 tbsp warm water
- 3 tbsp rice vinegar
- 2 tbsp lime juice
- 1 tbsp minced fresh ginger
- 1 1/2 tsp Sriracha

Slaw

- 1/2 tsp soy sauce or tamari
- 3 cups each thinly sliced red and green cabbage
- 1 carrot, cut into thin matchsticks
- 1/3 cup thinly sliced green onions

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Can you reproduce these stunning creations?

Chefs from around the world share their impressive creativity in this recipe collection that doesn't look easy, but sure is a joy to explore.



Pre-loved pieces look pretty in paint

Brush up on refinishing. Give second-hand furniture new life with 5 tips from DIY blogger Miss Mustard Seed

For Marian Parsons, a hobby reviving old furniture born out of necessity about 15 years ago blossomed into a burgeoning business. The Pennsylvania entrepreneur and writer behind the interior design blog Miss Mustard Seed shares tips on how to give pre-loved furniture a facelift.

1. Start small.

"I think if you're just starting out, I would always suggest to people to start with a piece that's cheap or free," said Parsons. "That gives you a chance to experiment, to learn, because your first piece isn't always going to turn out great."

Rather than opting for a sizable piece, Parsons suggested starting small with a stool, ottoman or a dining chair — "something that you can finish in a day and celebrate that victory before you move on to something else."

2. Ensure structure is sound.

"Just because something is cheap, don't be tempted to buy it just because it's cheap,"

said Parsons. "There are some pieces that are going to be beyond your ability to repair."

"So unless you know someone who can do it or you happen to know how to do it, don't buy a piece that's going to be too difficult for you to fix."

There are instances where a little low-tech tinkering may do the trick. For example, if dresser drawers don't slide in and out with ease, Parsons said rubbing wooden runners with candle wax can help reduce friction.

3. Embrace surface flaws.

While it's essential to ensure the piece is sturdy, Parsons said surface flaws that can be altered should be seen as a selling point.

"If the finish is a wreck or the paint colour is awful or the knobs are tacky, those are the things that you want to look for because those are things that a lot of people will overlook," she said.

A piece with worn upholstery that is free of stains or foul odours can be a great candidate for a fresh slipcover and reupholstery, she added.

4. Use the right tools.

Parsons said the appropriate choices of sandpaper, brushes and paint are key in helping personalize a pre-loved piece.

If the piece's original finish has a shine, Parsons said she

"almost always" suggests sanding first.

"That doesn't mean stripping off that finish. It just means very lightly rubbing a piece of sandpaper over the entire piece," she said. "What that does is it creates small scratches in the finish that gives the paint something to cling to. It really helps with adhesion and when you prep the surface, you

get a better end result."

A high-quality paintbrush is essential for application to furniture. Parsons said she likes using a five-centimetre (two-inch) angled brush. "What that allows you to do is to really get into the corners because the brush is angled, and it also allows you to create straight lines."

On her website, Parsons of-

fers a breakdown of the pros and cons of various types of paint. As for her personal projects, when she isn't using her own line of Milk Paint, she likes acrylic for decorative purposes.

5. Don't make every piece look alike.

Once you've honed your refinishing, reupholstering and

refurbishing skills, you may use the same tools and approach in future, but Parsons recommends giving each piece a distinct look.

"I would suggest painting them in different finishes, mixing wood, mixing paint finishes, different fabrics. That way it stays interesting and it looks like the room was collected over time." **THE CANADIAN PRESS**

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Mercedes-Benz STAR DEALER



A refinished dresser. Inset, top left, the dresser before its makeover.

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Fogo Island Inn: Where handcrafted meets high design

Hotel to home. Finding style inspiration from travel, this time off the coast of Newfoundland



**DESIGN
CENTRE**
Karl Lohmes
home@metronews.ca

Set on the northern edge of Fogo Island, N.L., is a Nordic-inspired, modern structure that seemingly disappears into the sky with its grey, fog-like colour. The Fogo Island Inn is as sensible in its design as it is thoughtfully hand-crafted. Built just two years ago, the inn's design is not only a nod to the past, but an appreciation for a modern esthetic that strikes a balance with comfort. From high-gloss beadboard ceilings to the locally hand-made quilts, crocheted mats and furnishings (all of which can be purchased or ordered from the front desk), there are details any design enthusiast will take home to inspire their next decor project. Art does not hang on the walls of Fogo Island Inn. Instead, practical furnishings and accessories become sculptural interests throughout.

Want the handcrafted look for your own space? Here are a few decor accessories that are currently available in the marketplace.



**metro
AR** Each Fogo Island Inn guest room boasts modern lines, impeccable craftsmanship and natural materials sourced on the island. From furnishings to wall hooks and quilts, handmade touches are discovered everywhere. Scan this photo with your Metro News app to watch a guided video tour with yours truly of a room at the Fogo Island Inn in Newfoundland.
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Easy-to-apply real wood veneer strips create a casual chic focal wall. \$500, EuroCorkWallDesign.com.

NHL

Hiller, Backlund lead Flames to win in Windy City

Jonas Hiller made 49 saves and Mikael Backlund scored at 4:35 of overtime, lifting the Calgary Flames to a 2-1 victory over the Chicago Blackhawks on Wednesday night.

Dennis Wideman also scored for the Flames, who were coming off a 3-2 win at Nashville on Tuesday.

The Blackhawks controlled the action for much of the night, enjoying a whopping 50-18 advantage in shots on goal. But Hiller was outstanding and Backlund used a wrist shot to beat Corey Crawford on his glove side for his first goal of the season.

Andrew Shaw scored in the third period for Chicago. **THE ASSOCIATED PRESS**

Mixed martial arts

Ford breaks arm sparring, goes ahead with bout

Edmonton welterweight Ryan (The Real Deal) Ford faces possible sanctions after admitting he stepped into the cage with a broken arm to face Jake Shields on a World Series of Fighting card last week.

Ford lost but made no apologies for going ahead with the bout after injuring the arm while sparring.

"It's something that happens in this sport when you're training," Ford said in an interview Wednesday. "It's not like we're playing ping-pong."

Ford says he should not face sanctions because he passed all the medicals. **THE CANADIAN PRESS**

Time for Oilers to cash in on assets



THE HOCKEY NEWS
Ryan Kennedy
edmonton@metronews.ca

Edmonton fans, it's not looking pretty again. Now, it may seem really early to make such a claim, especially when teams such as Boston, Colorado and the New York Rangers are also struggling for wins. But there's a recent track record with those squads; there's a structure.

The Oilers, as we are all aware, have been a bit of a tire fire since making the Stanley Cup final in 2005-06 and jokes about rebuilding the rebuild are already abound.

The 6-1 drubbing at the hands of Los Angeles was, in some ways excusable. No Ryan Nugent-Hopkins, no Jordan Eberle ... playing the defending Stanley Cup champions. But it was the wonky play throughout the lineup that has to be rectified. This team might not be good, but it doesn't have to be so bad.

For example, defenceman Andrew Ference's play on the Anze Kopitar-to-Justin Williams goal needs to be a lot tighter. Defence has been a black hole on the team for years and players such as Ference, Mark Fayne and Nikita Nikitin need to set an example for the Darnell Nurses and Justin Schultzes of the world.

If the Oilers can learn something from the hot-starting New York Islanders, it's when to cash in your assets for immediate help. The



The Oilers' Justin Schultz looks to pass the puck ahead of the Coyotes' Sam Gagner on Wednesday night in Glendale, Ariz. For the score and story, go to metronews.ca. CHRISTIAN PETERSEN/GETTY IMAGES

Advanced stat of the week

73.9

David Perron's surprisingly huge Corsi for percentage vs. Los Angeles

Jordan Eberle has to be moved in order to shore up other positions, then that's what has to be done.

Years ago it seemed dicey when Pittsburgh traded fifth

overall pick Ryan Whitney just three and a half seasons into his NHL career, but Chris Kunitz came back from the Ducks and helped Pittsburgh to the cup that same year.

Now obviously the Oilers aren't quite there yet, even if they should be. But the process needs to start and as cool as it is to see Nurse and Bogdan Yakimov play their first games, constantly throwing kids over the top has to stop at some point.

4 SPORTS

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AR Tom Brady and the New England Patriots looked like an elite squad again after Sunday's 37-22 win in Buffalo. Scan the image with your Metro News app for more NFL notes from around the league Wednesday. BRETT CARLSEN/GETTY IMAGES

NFL. Jets look to avoid new low in New England

The New England Patriots turned their season around in plenty of time.

It's probably too late for the New York Jets, especially if they drop their sixth straight game when they visit the heavily favoured Patriots on Thursday night.

"We're desperate, to say the least," Jets coach Rex Ryan said.

The Patriots (4-2) quickly recovered from their low point, a 41-14 loss to the Kansas City Chiefs that unleashed speculation quarterback Tom Brady was slipping and coach Bill Belichick's genius was fading.

Unlike the Jets (1-5), that slide lasted just one week. A 43-17 rout of the NFL's last unbeaten team, the Cincinnati Bengals, took care of that. And they followed it with a 37-22 road win over the Buffalo Bills.

"We'll have to keep perspective," Brady said, "not ride the highs and lows because there's a lot of them."

The Patriots had just five offensive touchdowns in a stretch of 14 quarters, then

scored seven in the last eight. Against Buffalo, Brady had his best game of the season with 361 yards passing, four touchdown passes and completions to 10 receivers.

Ryan certainly didn't believe the criticism of the two-time MVP.

"That was hysterical," he said. "You know what I mean? It's like, 'Yeah, really? OK.' I mean, come on."

Now if he could only brush off criticism of his own quarterback so easily.

Geno Smith is last in passer rating in the league and was replaced in the fifth game by Michael Vick, who said he wasn't prepared. Smith started last Sunday's 31-17 loss to the Denver Broncos and Ryan is sticking with him against the Patriots.

"We have an opportunity here to kind of right the ship with our first division game," Smith said. "There is a shot. It's definitely one that's a stretch, but as long as we've got a shot, we've got an opportunity."

THE ASSOCIATED PRESS

October blessed: K.C. captures ALCS crown

MLB post-season.

Royals carried into World Series by magical playoff momentum

Crown these Royals the American League champions.

After nearly three decades spent trying to return to the playoffs, Kansas City is taking its perfect post-season ride all the way to the World Series.

With more dominant defence, an opportunistic offence that plated two runs in the first inning, and a bullpen that shut down the Baltimore Orioles once again, Greg Holland and the wild-card Royals wrapped up a sweep of the AL Championship Series with a 2-1 victory on Wednesday.

Next stop: The Royals' first Fall Classic since 1985. They'll face the winner of the NLCS between the Giants and Cardinals.

"It's been an amazing run. This is great," said left-fielder Alex Gordon, who made another jarring catch in Game 4. "We've been playing pretty good baseball. It's nothing better than when you win. Today, same old story: Good pitching, good defence and scratch out a win."

After holding the Orioles to three hits in Game 3 on Tuesday night, Jason Vargas and the Royals bullpen nearly turned the trick again. Kelvin Herrera and Wade Davis ushered the game to Holland, who matched Dennis Eckersley's record by saving his fourth game of the best-of-seven series.

After Holland got J.J. Hardy to ground out to third base for



Speedster Jarrod Dyson puts the ALCS trophy on home plate after the Royals' win over the Baltimore Orioles in Game 4 on Wednesday evening in Kansas City, Mo. CHARLIE RIEDEL/THE ASSOCIATED PRESS

Game 4

2

Royals

1

Orioles

- Go to metronews.ca for coverage from Game 4 of the NLCS on Wednesday night in San Francisco.

Cain raises game

"It's an amazing feeling. Unbelievable feeling. I've enjoyed every moment of it."

ALCS MVP Lorenzo Cain. Along with making a series of splendid defensive plays, Cain batted .533 in the series and scored five runs. He had eight hits, matching the franchise record for an ALCS set by Willie Wilson in 1985 against Toronto.



the final out, the Royals spilled onto the infield in a wild celebration. Fireworks shot over the crown-shaped scoreboard in centre field, and a blue-clad sellout crowd that included

Royals great George Brett let out a roar.

Kansas City will host the first two World Series games beginning Tuesday.

THE ASSOCIATED PRESS



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AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You trust your judgment but can you trust the judgment of people who, in your eyes, have yet to prove themselves? You may have no choice today as the planets suggest that your fate is in their hands.

♉ Taurus

April 21 - May 21

It will be clear today that you've been moving in the wrong direction, and that means you must change course right now.

♊ Gemini

May 22 - June 21

Life is good and getting better by the moment, so why are you so fearful? No doubt it has something to do with Mercury, your ruler, in one of its retrograde phases. Don't worry.

♋ Cancer

June 22 - July 23

Be more flexible when it comes to emotional relationships. With so much cosmic activity in the domestic area of your chart loved ones may be difficult to handle but will respond to gentle understanding.

♌ Leo

July 24 - Aug. 23

Your words have been misrepresented, but you don't have to kick up a fuss about it. Just explain, in plain language, what it is that has upset you.

♍ Virgo

Aug. 24 - Sept. 23

Mercury, your ruling planet, urges you to focus your energies in one direction today rather than spread yourself thin.

♎ Libra

Sept. 24 - Oct. 23

You know what you want and you know how to get it but with mind planet Mercury still moving retrograde can you be certain you have made the right call? Give it a day.

♏ Scorpio

Oct. 24 - Nov. 22

The planets will help you see through the web of deceit that people have created and by the end of the day you will have no doubt what the truth is.

♐ Sagittarius

Nov. 23 - Dec. 21

You may not be sure where an idea came from but you can and you must make good use of it. If you don't, a rival most certainly will.

♑ Capricorn

Dec. 22 - Jan. 20

It would appear that someone has been telling lies about you or putting you down. Find out who it is and who they have talked to, and make sure you put the record straight.

♒ Aquarius

Jan. 21 - Feb. 19

You know what is and is not possible and have no intention of letting daydreams lead you astray. That's good. You must deal only in facts.

♓ Pisces

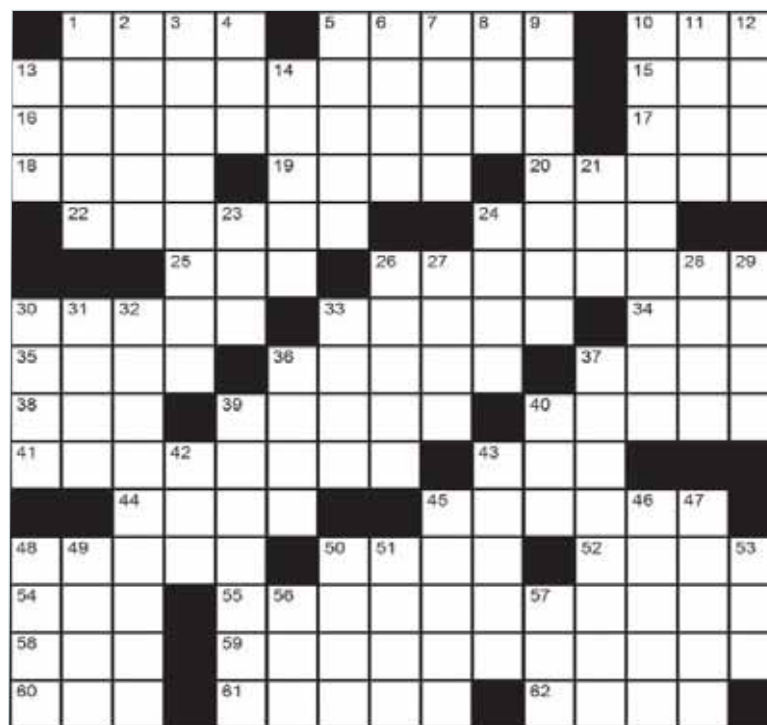
Feb. 20 - March 20

Something that has been a mystery will no longer nag at you as of today. Once the mystery has gone, the fear and worry that came with it will disappear as well.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Amsterdam's locale, briefly
5. NBA's Heat city
10. Extinct bird
13. 1963 The Crystals smash: 4 wds.
15. Matt __, Canuck singer/songwriter
16. Who #41-Across teaches on "How to Get Away with Murder", new on CTV: 2 wds.
17. Frostiness
18. "What's __ for me?": 2 wds.
19. Loaf
20. Bay of Fundy's are famously high
22. Whine
24. Gent's gender
25. Not 'twas
26. 1845 + Arctic + Northwest Passage = __ Expedition
30. Bedlam
33. Leave the house: 2 wds.
34. Chemistry, e.g.
35. Owen __, "Star Wars" (1977) character
36. Wounded by a bull
37. Forsaken
38. Female sheep
39. Openings-for-coins
40. Broadway awards
41. Professor __ Keating (Viola Davis' role on #16-Across)
43. Cavity
44. Defeat



45. Magic bunny's hideout: 2 wds.
48. Drive
50. Prime Minister of Israel from 1969 to 1974, Golda __ (b.1898 - d.1978)
52. Moisturizer content
54. Beatles: What

- Magill called herself
55. The Manitoba Museum attraction, it's astronomical!
58. Unwell
59. Canadian super-model Linda
60. Actress Ruby
61. Wallet items
62. Batches

Down

1. Some flatbreads
2. Astronomer Mr. Hubble
3. Tortilla chips brand
4. Tap temperature
5. Of a method
6. "Mockingbird" by __ & Charlie Foxx
7. "Rule, Britannia"

- composer
8. Bon __ (Witticism)
9. Music-themed Canadian show of 2004 to 2008, " __ Star"
10. Canadian musician/painter/activist, __ Joe
11. Ron Howard role
12. Syl __, Hockey Hall

- of Famer
13. Gladiator's 551
14. Regulations
21. Type
23. ' __ ' for Vancouver
24. Queen __ Gulf (lcy resting place of HMS Erebus, the recent headlines-making ship, as per #26-Across)
26. Strength
27. Egg masses
28. Bass is Base hit: " __ "
29. Writer Anais'
30. Actress Ms. DuVall
31. Actress Goldie
32. Land in Disney's "Frozen" (2013)
33. Gunks
36. Flippant
37. Casanova
39. Drank loudly
40. Value a valet
42. " __ you serious?!"
43. Door: French
45. Modelling legend Cheryl
46. "He's making __, __": What Santa's doing in the famous carol
47. Hypes
48. Slipped
49. Scrabble piece
50. Lady's address
51. Feminizing suffix
53. Fashion label, __ Savahl
56. Nero's 56
57. Totally

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

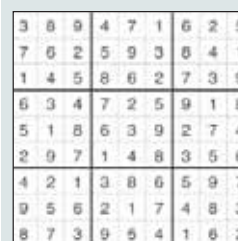


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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